



THE CENTER POST

80A BUREAU DRIVE • GAITHERSBURG, MD 20878-1431 • 301.258.6380 • GAITHERSBURGM.D.GOV

**THURSDAYS IN OCTOBER,
12 – 1 PM**

OUTDOOR MEET UPS

Come to the Park Pavilion at Bohrer Park and let's get together. Bring your lunch and a drink and we can chat and eat together, socially distanced of course!

You must wear your mask at all times, except while eating. Space is limited!

Sign up online or call the BGC to make your reservation.

October 1 – Jokes (bring a few jokes to share)

October 8 & 22 – Bingo! (bring your own marker)

October 15 – Music

October 29 – Halloween Celebration (dress up if you want).

TUESDAYS & FRIDAYS AT 1 PM

SOCIAL SYMPOSIUM & BGC SOCIAL HOUR

Join the BGC staff for lively discussions and games every Tuesday and Friday at 1 p.m.

These virtual programs give you a chance to connect with others, laugh, and enjoy twice a week.

The links are emailed every week, or you can call in and participate on your phone.



MONDAY - FRIDAY, SEP 28 – OCT 23

VIRTUAL EXERCISE CLASSES

Take one class or take them all! Register online and you will receive a Zoom link that lets you participate in a month's worth of classes for one price.

Members { \$25 } Non-members { \$35 }

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m.			ZOOMba Dance		ZOOMba Dance
10 a.m.	Fit 4 All	Stretch & Strengthen	Fit 4 All	Stretch & Strengthen	Fit 4 All
11 a.m.	Exercise with April	Weight Training		Power Stretch	Weight Training

TUESDAY, OCT 20, 1 – 2 PM

COMBATING LONELINESS IN TIMES OF SOCIAL DISTANCING

Presented by Adventist HealthCare. The link will be emailed in the weekly e-newsletter.

• OCTOBER 2020 •



WEDNESDAY, OCT 28, 11 AM – NOON

DIET & HYDRATION

Presented by Adventist HealthCare. Blood pressure often increases as weight increases. Weight loss is one of the most effective lifestyle changes for controlling blood pressure. Losing even a small amount of weight if you're overweight or obese can help reduce your blood pressure.

Topics will include:

- Wasteline
- Food Plate
- Mindful Eating
- Watching Sodium

The link will be emailed in the weekly e-newsletter.

THURSDAY, OCT 8

MOBILE DENTIST

The Mobile Dentist is accepting appointments for those who do not have dental insurance and are low income.

Please schedule your appointment with Jerry by email at Jerry.Gagliano@Gaithersburgmd.gov or by calling 301.258.6380 and leaving a message.

The Mobile Dental vans will be located at Bohrer Park, 506 S. Frederick Ave., Gaithersburg, 20877 on Thursday, October 8.

REOPENING UPDATE

Per the Maryland Department of Aging and Governor Hogan: "All senior citizen activities centers shall be closed beginning Friday, March 13, 2020 until after termination of the state of emergency and the proclamation of the catastrophic health emergency has been rescinded."

Until these actions have been taken, the Benjamin Gaither Center will be closed.

PEN PAL PROGRAM

Would you like to participate in a Pen Pal Program? If you would enjoy writing and receiving letters, let us know. Call 301.258.6380 and leave a message.

Make sure to check www.gaithersburgmd.gov often to stay up to date on the latest offerings and if you have not been receiving the weekly Benjamin Gaither Center emails, sign up under E-Newsletters on the website.

If you need any help signing up for programs, as always reach out to us at the

BGC – 301.258.6380 or

BenjaminGaitherCenter@gaithersburgmd.gov

We check the messages and emails daily.